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Delungra Public School

Newsletter Issue 17 June 7, 2021 Term 2 Week 8

Important Dates to Remember!

**Tuesday
June 8**

**P & C Meeting
3.30pm**

**Monday
June 14**

**Public Holiday
(School will be closed)**

Library Day

Thursday

Primary class

Friday

Infants class

Sport

Thursday

Primary and infants classes

Trial Touch Football Game at Gum Flat

Thank you to Gum Flat school for inviting us for the trial touch football game last week. Our students were very excited to go and put their training drills into practice. This was an excellent training opportunity for both schools.

Mrs Dawson was very proud of our students for their sportsmanship and behaviour.

It will be next term before we find out when we will be playing in the second round of the knockout competition.



Weather Conditions this Week

This week the weather conditions are predicted to be wet and very cold. Please ensure that students come to school with enough warm clothing.

P & C Meeting

The next P & C meeting will be held tomorrow Tuesday June 8, at 3.30pm. Everyone welcome, come along and support our school and your children.

P & C Wood Raffle

Tickets for the P & C Wood Raffle are available from the Office if you need extra. The raffle will be drawn on June 18.

Morning Fitness

Morning fitness is a very important start to our day promoting happy, healthy bodies and minds.

Today our touch football team were training, to embed the skills they will need when we get to play in the second round of the Touch Football Knockout competition.



The remainder of students were working on their basketball skills. These activities assist with their hand eye coordination, movement skills and strength.



Chicken Pox

Last week we had a reported case of chicken pox. If your children show any symptoms of chicken pox please see your Doctor before sending them to school.

Chicken Pox Symptoms

The main symptom is an itchy red rash that turns into blisters, which then burst and crust over. Chickenpox can also cause flu-like symptoms, such as fever, headache and sore throat.

Symptoms usually start about two weeks after catching chickenpox. The symptoms stay from between 10 to 21 days.

Although some vaccinated children will still get chickenpox, they generally will have a much milder form of the disease and more rapid recovery. The vaccine almost always prevents against severe disease.

Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST



We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereal such as Weetbix, Porridge and Sultana Bran
- untoasted muesli topped with low fat yogurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

Effective Learner Award

Ruby Term 2 Week 8

For outstanding effort in all learning areas.



Super Sport Award

Ryan Term 2 Week 8

For confidence & consistency in touch football.

